

## ABSTRACT

The pointe shoe has an upper, a toe box and a split sole. The split sole has a front sole and a rear sole. The front sole may be located below the ball of the dancer's foot and the rear sole may be located below the heel of the dancer's foot. The split sole provides more flexibility to the pointe shoe and eliminates or reduces the "break in" of the shoe. Furthermore, the split sole shoe is lighter and easier for the dancer to rise up on her toes.